

PREVENT CHILD ABUSE & NEGLECT



National Child Abuse Hotline:
1.800.422.4453

Online:

- preventchildabuse.org
- childhelp.org
- healthychildren.org
- apasac.org
- dcfs.utah.org

Logan:

- capsa.org
 - Crisis line
435.753.2500
 - Office
435.755.4493
- thefamilyplaceutah.org
 - Crisis line
435.752.8880

Brigham City:

- Box Elder Family Support Center
 - befsc.org
 - Office:
435.723.6010

Pocatello:

- Idaho Bright Tomorrows Child Advocacy Center
 - Office:
208.234.2646

Protective Factors are conditions or attributes (skills, strengths, resources, supports or coping strategies) in individuals, parents, families, that help people deal more effectively with stressful events and ultimately decrease risk in families and communities.

As a parent you are the most powerful person in your children's lives. Your power can be used to *prevent* child abuse and neglect of your own children and children in general. We can each choose to prevent child abuse and neglect by being purposeful in in cultivating protective factors.

PROTECTIVE

Help your child experience:

- love
- acceptance
- positive guidance
- protection
- being provided for
- safe opportunities for growth

Help your child develop:

- optimism
- high self-esteem
- intelligence
- creativity
- humor
- independence

As a family:

- accept positive peers, teachers, mentors, role models

As a parent develop:

- ways to cope with the stresses of everyday life
- inner strength to bounce back when things are not going well
- an emotionally supportive network of friends, family, and neighbors
- your capacity for respectful communication and listening
- consistent rules and expectations
- your capacity to provide for your family's basic needs on your own

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PARENT/MALE INVOLVEMENT ACTIVITIES

Parents can do something every day to positively support their children! Every single action you take can have enormous results when it comes to the safety and happiness of your children.

- Plan a family fun night with your children.
- Take notice of adults or older children who take an unusual interest in your child.
- Ask your children about their day; be sure to listen to what they have to say.
- Attend events at your child's school; get involved with their education.
- When you get stressed, take a break. Don't take it out on your children.



Pinwheels
for **PREVENTION**



Prevent Child Abuse
America

MAKE A BLUE "PINWHEEL FOR PREVENTION" WITH YOUR CHILD

With a parents supervision you will need the following materials :

- a push pin/brad
- a square piece of construction paper
- a sharpened pencil with eraser
- scissors

Instructions:

1. Lay the square paper flat on a table and draw a line diagonally from each corner to the opposite corner.
2. Mark the center of the square where the two lines cross and punch a small hole through it with the pencil tip.
3. Next, cut along each line stopping about an inch from the hole in the center of the square.
4. Take the pin and punch a hole in the top left corner of each of the four flaps. (No two holes should be next to each other.)
5. Pick-up a flap at a punched corner and carefully curve it over toward the center hole, securing it with the pin.
6. Repeat this for the other flaps.
7. When all four flaps are held by the pin, carefully lift the paper without letting the flaps unfurl.
8. Lay the pencil flat on a table and carefully push the point of the push pin into the side of the eraser.
9. Now your pinwheel is complete and ready to go.

Pick-up the pinwheel near the pencil point and let it catch the wind.

You could also make blue ribbons and wear them together and tell people why you are wearing them.